

GYM SCHEDULE

JANUARY

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:30am		Drop-in Pickleball 6:30-8:30am		Drop-in Pickleball 6:30-8:30am			OPEN GYM: (when nothing else is scheduled) is open for ALL activities. Pickleball may be played but if basketball players come, pickleball will be reduced to 1-2 courts.	
7am								
8am			Qigong 8-8:45am (\$) (Begining Jan 11)	ZUMBA Gold 8-8:45am (\$)				
9am	Drop-in Pickleball 9-11:30am	Gentle Yoga 9-9:45am (\$) (Beginning Jan 10)	Drop-in Pickleball 9-11:30am	Table Tennis (1/2 of gym) 8:30-9:45am	Yoga for Transformation 9-10am (\$)			
10am		Learn to Play Pickleball 10-11am		Tai Chi 10-10:45am (\$) (Beginning Jan 12)	Drop-in Pickleball 9-11:30am			
11am				Drop-in Pickleball 11am-1pm		Drop-in Pickleball 11am-1pm		Chair Volleyball 11:30am-1:30pm
12pm	Senior Strength 12-12:45pm (\$)	Chair Volleyball 11:30am-1:30pm	Chair Volleyball 11:30am-1:30pm					
1pm		Chair Volleyball 1-2pm	Polk County Senior Programing 1:30-2:30pm		Polk County Senior Programing 1:30-2:30pm	Drop-in Pickleball 1-3pm		Drop-in Pickleball (Session 1) 1-3pm *Please stay for 1 session only*
	Polk County Senior Programing 1:30-2:30pm							
2pm	Table Tennis (1/2 of gym) 2:30-4pm	Drop-in Pickleball 2-4pm	Pickleball Tournament (1st Wed of month only) 2:30-4:30pm (\$)	Drop-in Pickleball 2-4pm		Drop-in Pickleball 1-3pm		Drop-in Pickleball (Session 2) 3-5pm *Please stay for 1 session only*
3pm							Pickleball Drills & Thrills (\$) 3-4pm	
4pm								
5pm		Burn & Build Bootcamp 5:15-6pm (\$)	Burn & Build Bootcamp 5:15-6pm (\$)	Learn to Play Pickleball 5-6pm				
6pm		Drop-in Youth Basketball 6-9pm	Pickleball League (Mixed Doubles) 6-9pm (\$)	Drop-in Pickleball 6-9pm	Pickleball League (Gender Doubles) 6-9pm (\$)			Albaugh Community Center Hours Mon.-Thurs. 6:30am-9pm Friday 6:30am-5pm Saturday 9am-3pm Sunday 1pm-5pm
7pm								
8pm								

OPEN GYM

Open gym (when nothing else is scheduled) is open for ALL activities. Pickleball may be played but if basketball players come, pickleball will be reduced to 1-2 courts.

DROP-IN PROGRAMMING

Chair Volleyball	Try this new, fun version of volleyball while seated! Great for upper body mobility and joint flexibility. Enhances muscle tone, reflexes and hand to eye coordination.
Table Tennis	2 table tennis tables will be set-up for open play. Drop-in anytime during the scheduled time.
Drop-in Pickleball	3 pickleball courts will be set-up for open play. 1 court for beginners, 1 court for intermediate, 1 court for advanced players. Equipment provided if needed.
Learn to Play Pickleball	Learn basic skills and rules of pickleball in a non-competitive setting. Equipment and instruction provided.
Drop-in Youth Basketball	Drop-in basketball for youth. No organized games or team practices allowed.
Polk County Senior Programming	Gym is reserved for Polk County Senior Services Activities. See Polk County staff for more info.

FITNESS CLASSES & LEAGUES

Additional fee. Pre-registration required. See front desk to register!

Gentle Yoga	Designed to support healthy joints and the nervous system adapting yin, restorative and therapeutic yoga styles. Bring a yoga mat and a blanket or towel. Fee: \$40 for 8 classes
ZUMBA Gold	Low-intensity, calorie-burning dance fitness party! Focuses on balance, range of motion, cardio and muscle conditioning. Fee: \$40 for 8 classes
Yoga for Transformation	Support transformation with functional movements, gentle stretching, strength building postures and guided relaxation for a balanced practice. Bring a yoga mat and blanket. Fee: \$40 for 8 classes
Senior Strength	Focuses on increasing mobility, strength, flexibility, balance and coordination. Uses light weights and resistance bands. Fee: \$40 for 8 classes
Tai Chi for Health	This ancient healing art helps enhance balance, strengthen joints and learn ways to cope with stress. Fee: \$40 for 8 classes
Qigong	Low impact movements to improve balance, flexibility, and restore your energy, called chi. Fee: \$40 for 8 classes